

Swimming Practice Monday, December 2nd

- Objectives: Free and Backstroke Flip Turns, Build a Base

| | Group 1 | Group 2 | Group 3 | Group 4 |
|---------------------|---|---|---|---|
| | Warm-up <ul style="list-style-type: none"> 200, 50 FR/50 BK Backstroke Drills <ul style="list-style-type: none"> 50 - Single Arm, R-L 50 - Alternating Double Arm 50 – L-Drill 50 – Minimum Stokes 50 Back Rotate through medicine ball throws 2 x 75, Kick R, Kick L, Swim (600 yards) | Warm-up <ul style="list-style-type: none"> 200, 50 FR/50 BK Backstroke Drills <ul style="list-style-type: none"> 50 - Single Arm, R-L 50 - Alternating Double Arm 50 – L-Drill 50 – Minimum Stokes 50 Back Rotate through medicine ball throws 2 x 75, Kick R, Kick L, Swim (600 yards) | Warm-up <ul style="list-style-type: none"> Backstroke Drills <ul style="list-style-type: none"> 50 - Single Arm, R-L 50 - Alternating Double Arm 50 – L-Drill 50 – Minimum Stokes 100 Back (300 yards) | Warm-up <ul style="list-style-type: none"> Backstroke Drills <ul style="list-style-type: none"> 50 - Single Arm, R-L 50 - Alternating Double Arm 50 – L-Drill 50 – Minimum Stokes 100 Back (300 yards) |
| | <ul style="list-style-type: none"> 4 x 25 V-Sprint Free @ :40 4 x 25 V-Sprint Back @ :40 Repeat (400 yards) | <ul style="list-style-type: none"> 4 x 25 V-Sprint Free @ :40 4 x 25 V-Sprint Back @ :40 Repeat (400 yards) | Coach Koehr: Flip Turn Progression - Free (250 yards) | Coach Koehr: Backstroke Progression (250 yards) |
| 6:50 to 7:05 | Coach Koehr: Flip Turn Progression – Free and Back (300 yards) | Coach Koehr: Flip Turn Progression – Free and Back (300 yards) | 10 x 50 Backstroke @ 1:00 <ul style="list-style-type: none"> Drill odds, Build evens 3 kicks down, 4 kicks up (500 yards) | 8 x 50 Backstroke @ 1:15 <ul style="list-style-type: none"> Drill odds, Build evens 3 kicks down, 4 kicks up (400 yards) |
| | 8 x 50 Backstroke @ 1:00 <ul style="list-style-type: none"> Drill odds, Build evens 3 kicks down, 5 kicks up (400 yards) | 8 x 50 Backstroke @ 1:00 <ul style="list-style-type: none"> Drill odds, Build evens 3 kicks down, 5 kicks up (400 yards) | Coach Koehr: Backstroke Flip Turns (300 yards) | Coach Koehr: Backstroke Progression (300 yards) |
| | 2 x 300 <ul style="list-style-type: none"> Alternate 50 Free/50 Back Minimum stroke count (600 yards) | 2 x 300 <ul style="list-style-type: none"> Alternate 50 Free/50 Back Minimum stroke count (600 yards) | <ul style="list-style-type: none"> 4 x 25 V-Sprint Free @ :40 4 x 25 V-Sprint Back @ :40 Repeat (400 yards) | <ul style="list-style-type: none"> 4 x 25 V-Sprint Free @ :40 4 x 25 V-Sprint Back @ :40 Repeat (400 yards) |
| | 1 x 100 Warm-down (100 yards) | 1 x 100 Warm-down (100 yards) | 1 x 50 Warm-down (50 yards) | 1 x 50 Warm-down (50 yards) |
| | 2,400 yards | 2,400 yards | 1,800 yards | 1,700 yards |

**V-Sprints = 4x25, 1-ez/fast, 2-fast/ez, 3-build, 4-all out fast*